

## It Always Helps

says Mrs. Sylvania Woods, of Clifton Mills, Ky., in writing of her experience with Cardui, the woman's tonic. She says further: "Before I began to use Cardui, my back and head would hurt so bad, I thought the pain would kill me. I was hardly able to do any of my housework. After taking three bottles of Cardui, I began to feel like a new woman. I soon gained 35 pounds, and now, I do all my housework, as well as run a big water mill. I wish every suffering woman would give

## GARDUI

### The Woman's Tonic

a trial. I still use Cardui when I feel a little bad, and it always does me good." Headache, backache, side ache, nervousness, tired, worn-out feelings, etc., are sure signs of womanly trouble. Signs that you need Cardui, the woman's tonic. You cannot make a mistake in trying Cardui for your trouble. It has been helping weak, ailing women for more than fifty years.

Get a Bottle Today!

## WINTER COVER CROPS

Ten Thousand Farmers Wanted to Form a Cover Crop Club.

The Farmers' Co-operative Demonstration Work is asking for the names and addresses of all farmers whom it can induce to join a Cover Crop Club. It wants the names of farmers who have never grown a cover crop and of those who will increase their acreage of this crop. There are no fees or dues attached to the work. All that is asked in return for the assistance rendered is that the farmer give a report of the crop. In counties where there is a Demonstration Agent, application should be made to him. In other counties names should be sent to the State Agent at Raleigh. Be sure to state the number of acres you propose to add and the kind of crop or crops which you wish to grow. Instructions will be sent to all who apply for them.

### VALUE OF COVER CROPS.

A few of the valuable features of a cover crop may be named as follows:

1. It prevents loss of soil fertility by washing. Lands that lie bare during the winter may lose more plant food by leaching than is used by the crop that grows there during the summer.

2. It furnishes grazing to stock at a time when food of all kinds is scarce. It also produces health and vigor in animals and keeps up a good flow of milk of dairy cows. A successful system of live-stock production is largely dependent upon winter as well as summer grazing.

3. If we ever establish an enduring and prosperous agriculture in the State we shall have to get humus (vegetable or organic matter) into our soils. Growing a winter cover crop is one of the ways of doing this. All farmed lands should grow at least two crops per year—a sale crop and a soil-improvement crop whether this is left on the land or first fed to stock and then returned there. A decline in soil fertility is not always due to a lack of nitrogen or phosphoric acid. It is often due to the absence of humus.

There are ten or twelve plants that are suitable for winter growing in North Carolina. One or more of them is adapted to the various soil types and sections of the State. We shall be pleased to enroll all farmers who will help carry forward this important movement.

Cordially yours,

C. R. HUDSON,  
State Agent, Demonstration Work,  
Raleigh, N. C.

For crop or sore throat use Dr. Thomas' Eclectic Oil. Two sizes, 25 and 50c. All drug stores.

### Don't Sell Cotton in Seed.

Another investigation which is still under way is into the practice of selling cotton in seed, or before it is ginned. This custom probably is not prevalent to any considerable extent in the upland districts of South Carolina, but in Oklahoma and north Texas it is a common practice.

As far as investigations have gone it has been shown that "the selling of cotton seed in the seed is a sort of game of chance, based on the law of averages, and should be discouraged." The ginner bases his price on seed cotton on the average out-turn of lint and seed from day to day. It will readily be seen that this method reduces all cotton to a dead level or average and is manifestly unfair to the farmer who produces a longer staple or one who grows a variety with a higher percentage of lint.—W. R. Meadows, in The Progressive Farmer.

The day of harsh physics is gone. People want mild, easy laxative. Doan's regulates have satisfied thousands. 25c at all drug stores.

Children rush in where climbers fear to tread.—Judge.

Eczema spreads rapidly; itching almost drives you mad. For quick relief, Doan's Ointment is well recommended. 50c at all stores.

Sparrow's nest over 100 years old has been found in the trunk of an old ash tree in Cumberland, England.

Woman loves a clear, rosy complexion. Burdock Blood Bitters is splendid for purifying the blood, clearing the skin, restoring sound digestion. All druggists sell it. Price, \$1.00.

Boy Scout Doctors Snake Bite.

Charles Thomason, a Tenderfoot of Athens, Ga., was bitten by a water moccasin while out scouting with his friends. The youngster lost no time in applying first aid, sucking out the poison and making a bandage to prevent the venom from spreading by means of his string tie. He then walked to a doctor, who cut the wound, and thus prevented any serious consequences. Exchange.

To Prevent Blood Poisoning

## HELPFUL WORDS

From a Citizen of Scotland Neck.

Is your back lame and painful? Does it ache especially after exertion?

Is there a soreness in the kidney region? These symptoms suggest weak kidneys.

If so there is danger in delay. Weak kidneys get fast weak.

Give your trouble prompt attention. Doan's Kidney Pills are for weak kidneys.

Yours neighbors use and recommend them.

Read this Scotland Neck testimony:

Mrs. T. F. Gray, S. Main Street, Scotland Neck, N. C., says:

"My experience with Doan's Kidney Pills has convinced me that they are a remedy of merit. My back and head ached severely and I had dizzy spells and other symptoms of kidney complaint. Finally I procured a supply of Doan's Kidney Pills at E. T. Whitehead Company's drug store and it did not take them long to remove my trouble."

For sale by all dealers. Price 50 cents. Foster-Milburn Co., Buffalo, New York, sole agents for the United States.

Remember the name—Doan's—and take no other.

### Avoid Sedative Cough Medicines.

If you want to contribute directly to the occurrence of capillary bronchitis and pneumonia use cough medicines that contain codeine, morphine, heroin and other sedatives when you have a cough or cold. An expectorant like Chamberlain's Cough Remedy is what is needed. That cleans out the culture beds or breeding places for the germs of pneumonia and other germ diseases. That is why pneumonia never results from a cold when Chamberlain's Cough Remedy is used. It has a world wide reputation for its cures. It contains no morphine or other sedative. For sale by all dealers.

### Best Form of Prayer.

When the hearts of men and women are filled with heavenly love, a power which makes for righteousness constantly emanates from them. Those who pray with their lives offer the most effective prayer. —Chauncey Giles.

### A Gentle and Effective Laxative.

A mild, gentle and effective laxative is what people demand when suffering from constipation. Thousands swear by Dr. King's New Life Pills. Hugh Tallman, of San Antonio, Tex., writes: "They are, beyond question, the best pills my wife and I have ever taken." They never cause pain. Price 25c at druggists or by mail. H. E. Bucklen & Co., Philadelphia or St. Louis.

### Stork Partial to Miner's Domicile.

There seems to be an especial affinity between the stork and the family of Frank Bartelski, a miner at Jackson City, Pa. In ten years the bird has brought 12 babies, including three pairs of twins, and one set of triplets. Ten of the children are living.

### Chronic Dyspepsia.

The following unsolicited testimonial should certainly be sufficient to give hope and courage to persons afflicted with chronic dyspepsia. "I have been a chronic dyspeptic for years, and of all the medicine I have taken, Chamberlain's Tablets have done more good than anything else," says W. G. Mattison, No. 7 Sherman St., Hornellsville, N. Y. For sale by all dealers.

### Beauty Hint.

Red elbows, says the Evening News, are happily a thorn which may be removed. Saw off the red elbows, soak them in a bleaching mixture of unslaked lime, steep them in carbolic acid, and they will never trouble you again. Cold feet may be treated similarly.

### A Marvelous Escape.

"My little boy had a marvelous escape," writes P. F. Bastians, of Prince Albert, Cape of Good Hope. "It occurred in the middle of the night. He got a very severe attack of cramp. As luck would have it, I had a large bottle of Chamberlain's Cough Remedy in the house. After following the directions for an hour and twenty minutes he was through all danger." Sold by all dealers.

### Banana Skin Law in Brazil.

During a Southwark inquest, in which it was suggested that an old man had slipped on a banana skin, a juror said he had been in Brazil, and there if a policeman saw a person throw a banana or orange skin on the roadway that person was at once arrested and fined or sent to prison.—London Daily Graphic.

### Women Who Get Dizzy.

Every woman who is troubled with fainting and dizzy spells, backache, headache, weakness, debility, constipation or kidney troubles should use Electric Bitters. They give relief when nothing else will, improve the health, adding strength and vigor from the first dose. Mrs. Laura Gaines, of Avoca, La., says: "Four children and all my friends were looking for me to die, when my son insisted that I use Electric Bitters. I did so, and they have done me a world of good." Just try them. 50c and \$1.00 at all druggists or by

## How to Preserve Eggs.

During the summer months eggs are plentiful and cheap. Every year I put up a few in water-glass solution to be used when the eggs are scarce and high in price.

I make this solution by mixing one gallon water-glass with 12 gallons of water previously brought to the boiling point. The eggs are placed in stone jars with the little end turned down, and enough of the solution poured over them to thoroughly cover them.

Of course the eggs are not as good as fresh laid ones, but for boiling one can scarcely notice the difference.

Never put fertile eggs in this solution as they will not keep well. Take the males from the pens before you preserve any eggs.—E. M. Burt, in The Progressive Farmer.

### A Man's Recreation Creed.

(1) I will never patronize an entertainment that brutalizes man or shames a woman.

(2) I will always do some part of my playing in the open air.

(3) I will not be merely a lazy spectator of sport; I will taste for myself its zest and thrill.

(4) I will avoid over-amusement as I prize that I may be saved from over-work.

(5) I will choose the amusements that my wife can share.

(6) I will not spend Sunday in caring for my bodily pleasure so much that I forget my soul and its relation to God.

(7) I will never spend on pleasure money that belongs to other aspects of my life.

(8) I will remember to enjoy a boy's sports again when my boy needs me as a chum.

(9) I will recollect that play should be for the sake of my mind as well as for my body; hence I shall not shun those forms of entertainment that deal with ideas.

(10) I will never let play serve as the end of existence, but always it shall be used to make a richer soul. Rev. Herbert A. Jump, in The Congregationalist and Christian World.

### They Make You Feel Good.

The pleasant purgative effect produced by Chamberlain's Tablets and the healthy condition of body and mind which they create make one feel joyful. For sale by all dealers.

To further emphasize the importance of sowing clover, vetch, small grain, etc., to save buying high-priced corn next spring, let us again remind our farmers that the August crop report showed a probable American yield of only 2,672,000,000 bushels against 3,124,000,000 bushels last year.

"The general condition of corn was placed at 75.8 per cent of a normal, compared with 86.9 per cent, on July 1. Kansas was hit hardest, the condition there having been reduced from 81 per cent, in July, to 30 per cent on August 1. Oklahoma came next with a condition of 44 per cent, against 87 in July, and Nebraska reported 67 per cent, against 91 July 1. These three States have almost 19 per cent of the total area planted in corn this year."—Progressive Farmer.

### Eczema and Itching Cured.

The soothing, healing medication in Dr. Hobson's Eczema Ointment penetrates every tiny pore of the skin, clears it of all impurities—stops itching instantly. Dr. Hobson's Eczema Ointment is guaranteed to speedily heal eczema, rashes, ringworm, tetts and other unsightly eruptions. Eczema Ointment is a doctor's prescription, not an experiment. All druggists or by mail 50c. Pfeiffer Chemical Co., Philadelphia and St. Louis.

### Wood's High-Grade Seeds.

## Crimson Clover

The King of Soil Improvers, also makes splendid fall, winter and spring grazing, the earliest green feed, or a good hay crop.

CRIMSON CLOVER will increase the productivity of the land more than twenty times as much as the same amount spent in commercial fertilizers. Can be sown by itself or at the last working of corn, cotton or other cultivated crops.

We are headquarters for

Crimson Clover, Alfalfa, Winter Vetch, and all Farm Seeds.

Write for prices and Descriptive Fall Catalog, giving information about all seeds for fall sowing.

T. W. WOOD & SONS,  
Seedsmen, - Richmond, Va.

## CHICHESTER PILLS

DIAMOND BRAND  
Genuine  
Genuine  
Genuine

LADIES! Ask your Druggist for CHICHESTER'S DIAMOND BRAND PILLS. They are the only pills that are sealed with Blue Ribbon. They are the only pills that are made in England. They are the only pills that are sold by all druggists.

SOLD BY ALL DRUGGISTS

# CASTORIA

The Kind You Have Always Bought, and which has been in use for over 30 years, has borne the signature of and has been made under his personal supervision since its infancy. Allow no one to deceive you in this. All Counterfeits, Imitations and "Just-as-good" are but Experiments that trifle with and endanger the health of Infants and Children—Experience against Experiment.

## What is CASTORIA

Castoria is a harmless substitute for Castor Oil, Paregoric, Drops and Soothing Syrups. It is Pleasant. It contains neither Opium, Morphine nor other Narcotic substance. Its age is its guarantee. It destroys Worms and allays Feverishness. It cures Diarrhoea and Wind Colic. It relieves Teething Troubles, cures Constipation and Flatulency. It assimilates the Food, regulates the Stomach and Bowels, giving healthy and natural sleep. The Children's Panacea—The Mother's Friend.

## GENUINE CASTORIA ALWAYS

Bears the Signature of

Chas. H. Fletcher.

The Kind You Have Always Bought

In Use For Over 30 Years.

THE CENTAUR COMPANY, 77 N. MURRAY STREET, NEW YORK CITY.

## INFORMATION BLANK.

Contest Manager, The Commonwealth, Scotland Neck, N. C. Please send me detailed information concerning THE COMMONWEALTH GREAT AUTO PRIZE CONTEST and the method to be pursued to win one of the many valuable prizes.

Name .....

Address .....

Telephone .....

CUT OUT AND SEND TO THE COMMONWEALTH.

## PLANT

# SCUPPERNONGS

(NORTH CAROLINA'S GREAT FRUIT.)

## A SURE CROP FOR A SURE MARKET

We will mail you a booklet on Arbores and Care of Scuppernongs, provided you own or consider planting a vineyard.

SOUTHERN PINES GRAPE NURSERIES, Southern Pines, N. C.

(Largest Producers of Scuppernong Vines.)



Why let chilled fingers and a blue nose spoil the buckwheats and a cup of good coffee?

You can have a warm dining room—certainly you can.

Your fire never goes out in

## Cole's Original Hot Blast Heater

Even the cheapest grade of coal put in the night before will be a mass of glowing coke in the morning, and will heat your rooms perfectly for two or three hours without a fresh supply.

Burns anything—soft coal—hard coal—lignite or wood.

It is guaranteed.

COME IN AND SEE IT.

## Hardy Hardware Comp'y

"The Hardware Hustlers."

See the name "Cole's" on the feed door of each stove. None genuine without it.

## WHENEVER YOU NEED A GENERAL TONIC - TAKE GROVE'S

The Old Standard Grove's Tasteless chill Tonic is Equally Valuable as a General Tonic because it Acts on the Liver, Drives Out Malaria, Enriches the Blood and Builds up the Whole System. For Grown People and Children.

You know what you are taking when you take Grove's Tasteless chill Tonic as the formula is printed on every label showing that it contains the well known tonic properties of QUININE and IRON. It is as strong as the strongest bitter tonic and is in Tasteless Form. It has no equal for Malaria, Chills and Fever, Weakness, general debility and loss of appetite. Gives life and vigor to Nursing Mothers and Pale, Sickly Children. Removes Biliuness without purging. Relieves nervous depression and low spirits. Arouses the liver to action and purifies the blood. A True Tonic and Sure Appetizer. A Complete Strengthening.

## Fire Proof Roofing



## CORTRIGHT METAL SHINGLES

What could be better for town or country buildings than a roofing that won't burn—won't leak—that is lightning proof—lasts as long as the building itself, and never needs repairs?

Cortright Metal Shingles meet every one of these requirements. Beware of imitations—None genuine without the words "Cortright" and "U. S. Pat. Off." stamped on each shingle.

ELIZABETH EDMONDSON, Administratrix, Kitchin & Smith, Att'y.